

# BRIDGES

## IN THE CITY:

Author has ancestral tie to  
Gabriel Dumont  
P. 15

## SPACES:

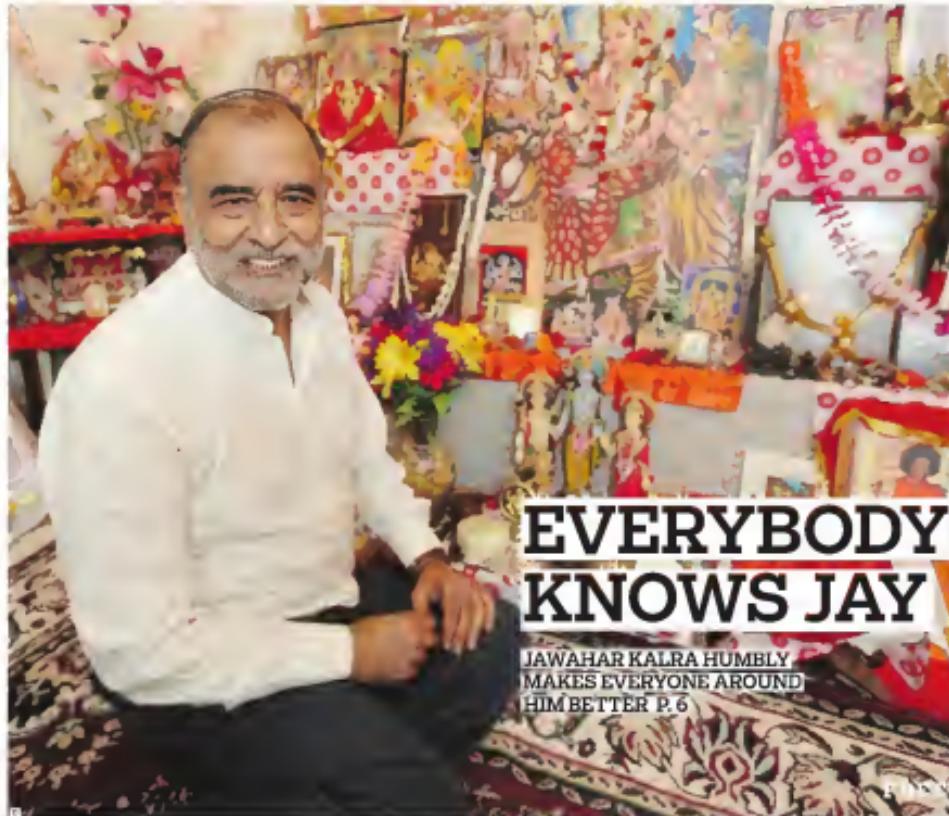
Backyard retreat  
trumps lake  
getaways P. 16

## ON THE SCENE:

At Eat, Drink & Celebrate  
Summer on the Prairies  
P. 22

WEDNESDAY, SEPTEMBER 4, 2013

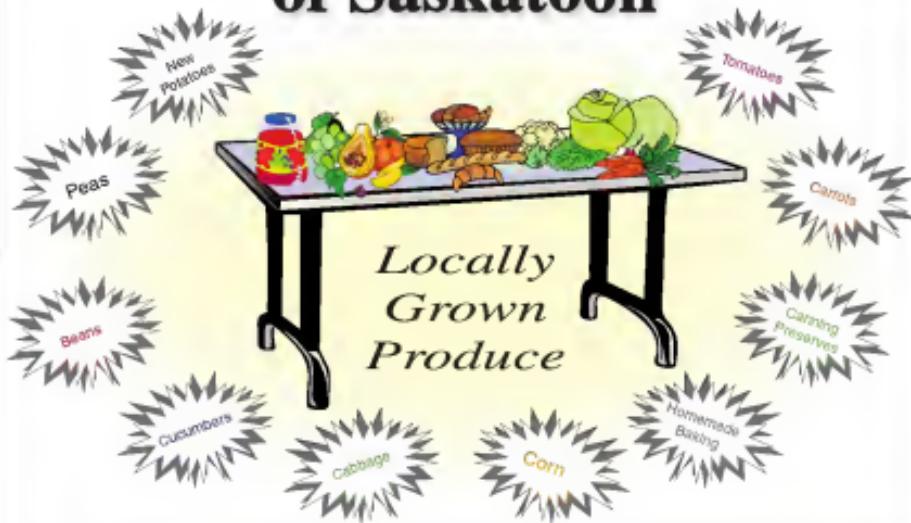
A STARPHOENIX COMMUNITY NEWSPAPER



## EVERYBODY KNOWS JAY

JAWAHAR KALRA HUMBLY  
MAKES EVERYONE AROUND  
HIM BETTER P. 6

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# INDEX

## # ON THE COVER PG. 6



Dr. Jay Keshet is a role model for many for his involvement in a variety of community and multicultural events. He died in a recent accident.

## # TABLE OF CONTENTS

### FASHION — 4

Advice on creating your personal style from an original trendster

### COVER — 6

Honoring community activist Dr. Jay Keshet

### CITY NEWS — 12

Aficio-Dios founder returns from moving to Japan; 25 years ago he began in Brooklyn

### INVENTORY — 13

Unique bags from local sewer owner at Dilewski Fashion Concepts

### IN THE CITY — 14

Photographer Michelle Berge shot of the week

### SPACES — 16

Blackened roses with salt water pool trumpet lake getaways for Sakunami couple

### READ MY BOOK — 16

MUSIC — 18  
Lisa Moore Lober can count their lucky stars

### GARDENING — 20

Wing season has arrived along with columnist Ed Shembach's tips for clearing them out

### CROSSWORD AND SUDOKU — 21

ON THE SCENE — 22  
At last, Drink & Celebrate: Summer at the Sakunami Farmer's Market

### PARENT TO PARENT — 24

What would you do if your child was bullied in school?

### RECIPES — 24

OUTSIDE THE LINES — 25  
Artist Stephanie Molloy's weekly valuing of creative

### EVENTS — 26

SHARPANTS — 26  
Union agriculture projects engage community and benefit family

### ASK BILLIE — 30

WINE WORLD — 31  
Beverages for everyone

## II CITY FACES PG. 16



Diane Diamond stands beside a statue of Gabriel Dumont in Friendship Park. (See Beverage issue, A-8.) **PHOTO BY MICHELLE BERG**

## BRIDES COVER PHOTO BY MICHELLE BERG

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# FASHION

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## #SASKATCHEWAN FASHION

### Chelsea Gruza: Dressing outside of the box

By Angelina Irinici

Chelsea Gruza's love for fashion all started with a bow. The 23-year-old considered herself a tomboy but when she was about 14 years old she saw the shirt that literally changed her life. She was shopping with her sister when she spotted a top with a great big bow on the front and realized suddenly that she was drawn to not only a girls' shirt, but a very feminine one since then. Gruza has created a style all her own when she calls: Simply Chelsea. Her style is unique and although she doesn't let the girls' accessories rule from more than waist down the street, she stresses the importance of dressing yourself.

"I'm my own marching band and those people just make the music even louder," she explains. Her wardrobe is always outside of the box.

"I didn't know how to be in the box but once I left it I wanted to be out," Gruza says.

She says that she'd rather be in a bubble than her style can change and grow. She's never fully understood the box-and-plus-a-bubble can fit more people.

Gruza was living "other people's" in her bubble for the past five years volunteering her time as a stylist. She's styled countless photo shoots in Saskatoon and working with local businesses.

Gruza says that she's fascinated by all aspects of fashion — from the layout in magazines and photo editing techniques to how she makes up and the history and culture of fashion.

"I think that's probably what that needed to learn completely and she one that about fashion is that you can't live everything about it right now," she says.

"You can definitely learn what you can but it's a continuous process. It keeps me on my toes."

When it comes to styling, Gruza also adds her own personal flair to the looks by dipping into her extensive textile trunk that she says My Dressup

would be full of. But, she says the main thing is to keep in mind other people's wants and the initial concept for the photo shoot.

"Everything has to complement each other. I never want to ever overpower or sell myself short."

For Gruza, styling has always come naturally to her. Five years ago, while working at a local automotive store, she was approached by a customer to help style a shoot. People were impressed by her work and she got approached countless times after. Now Gruza's a go-to stylist in Saskatoon.

"I think that this is a talent, off? I just have it." It has dressed up Beatles, but with big bows, she laughs. She enjoys photographing the city's fashion scene, sometimes full of talented stylists, models, up-and-coming hairstylists, photographers, models and designers.

Although she has lots of experience and has worked with numerous people in the local fashion industry, Gruza says that she's continuously learning every day.

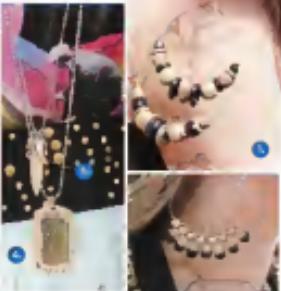
"Each shoot is a stepping stone and allows for growth," she says. "If you can't keep growing from something then you need to move on."

Gruza wants to take her love of fashion a step further. She's learning how to sew and is thinking about applying to a fashion design program.

It's clear that fashion is more than a hobby — or even a passion — to Gruza. She likes that fashion is her boyfriend because it takes up so much of her time. Basically, it's a way for Gruza to express herself, gain confidence and prove as a person.

"It's the one there that's never judged back. There's always judgment in the world and fashion never judges. It only allows me to grow and push the boundaries and to even find myself and for that I'm ever so grateful."

**RING & PHOTOS BY MICHAELLE BROS**



### Outfit:

- 1 HHO-MATCHED EARRINGS Le Chateau
- 2 BLAZER Value Village but she added the studs herself. "Racers are always going to be big especially for back to school. I made it for a photo shoot but I ended up loving it and wearing it all the time."
- 3 MENS'SHIRT Imaginary Foundation from Undergrund. "I think like boy clothes. Imaginary Foundation has some awesome really edgy art pieces."
- 4 CHARM NECKLACE State & Dot
- 5 MERMONTONE DOG TAG NECKLACE Value Village
- 6 TUTU SKIRT Gap "I like to take something girly and mix it with something more rugged. It's kind of the whole story of my life: being a tomboy then going into the girly side."
- 7 BELT Le Chateau
- 8 BRACELET Value Village
- 9 WATCH Witness
- 10 RINGS Value Village and State & Dot
- 11 BOOTS DKNY Sean Winken. "I fell in love with the boots the minute I saw them."

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# ON THE COVER

It's amazing, I can't imagine how he manages his time. —Li Zeng

# DR. JAY KALRA

## Family is king for local doctor



Dr. Jay Kalra and his family eat a breakfast laden with their Sri Lankan specialties. He is known as a role model especially to new immigrants for his community involvement. Photos by MICHELLE BEGA

**By Angelina Ursini**

There are many ways to start this story because Dr. Jay Kalra has so many accomplishments. His wife is 100 years old. He's an rock star and filios with Jay's parents. His extensive educational, professional achievements, community service and numerous awards.

Professionally, Jay is a professor and former head of the department of pathology and laboratory medicine in the College of Medicine at the University of Saskatchewan and a SaskHealth Health Research Institute.

a variety of disciplines. He's called a pioneer in his research of applied biotechnology. He's published over 200 papers, given over 100 presentations, as well as a book on what's a new word across the country — he laughs and calls himself a "medical detective."

The work life alone could fill the pages of this story, but it doesn't end there. He's heavily involved in the community, with a focus on multiculturalism and inclusion. Jay has great much of his time and leadership in organizations like the Saskatchewan Pakistani and Muslim Cultural Council of Saskatchewan,

Saskatchewan Culture 360, the Saskatchewan Intercultural Association, Rotary Club, the Canadian National Institute for the Blind and the list continues.

Jay was received a Queen's Diamond Jubilee Medal and was among the top 100 highest-rated candidates for the newest national Paul Raup Award for multiculturalism, one that allows him to proudly show a award certificate from Minister of Immigration, Refugees and Citizenship Canada. Jay was named one of CBC's top 20 Canadian immigrants, sharing

the spotlight with other prominent names including MMA star Steve Stach and ten tennis players were nominated to make the shortlist and 5000 voted online. "Accomplishing a cover honking experience," Jay explains as he sits at a small round table in his sun packed office at the Royal University Hospital (RUH). There stand hundreds of books lining the shelves, papers are strewn on his desk and piled up on the floor. "I've been doing this for the last 40 years, so I'm not looking for accolades but if it makes you feel good. You have to be honest with

yourself. Peer recognition is the best recognition."

Li Zeng, a sociology professor at the U of S, is one of the most notable people he leads of the many great awards. Zeng, who has known Jay for 30 years, wrote a four-page nomination letter, explaining exactly why Jay embodies the award. "I relied at key junctures on Jay's wise counsel, sage advice and warm encouragement," reads the letter. Zeng says that Jay is a role model in the community, especially to new immigrants, leading by example to get involved in the community.



I lost my parents about 41 or 42 years ago, so I'm a self-made man. When I came to this country, I didn't know anybody. — Dr. Jay Kaita



Dr. Jay Kaita at work in the lab at RUV Medicals. PHOTO BY MICHELLE HINE

"It's amazing. I can't imagine how he manages his time," says Dr. Zeng. "I say, 'How do you have the energy and the time? ... He's accomplished so much, not only academically and professionally but he's made great contributions to the local community. It's really something."

But maybe this is the start of the story. In January of 1973 a blessed but ill John, M.D., at 11 severely ill was declared an emergency. What a welcome, Aug. 21, had arrived from Aligarh, India. Less than two weeks before, A year before that, his father had a fatal heart attack while Jay was a PhD student at New Delhi's prestigious All India Institute of Medical Sciences. It was then that Jay decided he wanted to become a doctor, focusing on heart conditions. He'd heard that Canada was a land of opportunity and so he became the first member of his family to leave India. He became a post graduate student at Memorial University on Newfoundland land.

"I lost my parents about 41 or 42 years ago, so I'm a self-made man," he says. "When I came to this country, I didn't know anybody."

But that didn't stop Jay from getting involved. He held leadership roles within the university on

student life and encouraging others to get involved. "Culture is important to him; he organizes special dinners at the university featuring international cuisine. Memorial University wasn't the end of his education. Jay would go on to attend more education. In fact, he spent 20 years as a school.

Along the way he moved to Ottawa for a four year stint specializing in medical biochemistry and laboratory medicine. He downplays his knowledge. "Something has retained," he laughs.

Twenty-seven years ago, Jay was in the department of pathology at the U of S and RUV where he moved from assistant professor to full professor an unheard of period of five years.

"Jay was moving from one step to another step and was quite busy every occupied and everything else was on me," says Jay's wife Kamala, remember of their first few years in Saskatoon.

Kamala has long, dark hair that falls below her waist. It always seems like she's smiling when she speaks — her voice soft and inviting. They met through mutual friends in Ontario.

Continued on Page #

## A 'Fall Gardening' Afternoon

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This is the place where we have to live. If, by volunteering, I can make a place good for everybody, our children and our grandchildren, it will be nice. — *Jay*



© Jay Paha collects commentaries from various places of worship around the world. Upon returning each morning, he reads his to inspire him to seek guidance and offer prayers. **PHOTOGRAPH BY ANDREW RING**

**Work hard. I remember my dad telling me this a couple of times. 'People can steal your money, they can steal your house, they can steal your wallet but they can't steal your education.'** — Neil Katsu

This could be the middle part of the story Katsus, who moved to Ontario from New Delhi after completing a Bachelor of Arts degree, laughs when she says, "It took me a lot of time to start a relationship with Jay. The two didn't want to get married until Jay had a job, so he returned to Toronto a year later in sunny Kanda. 'It's a hard 27 years. We married in 2006. I counted right. I remembered,' says Jay. And every one starts laughing.

Jay Katsus and their two children Neil, 10, and Natasha (who he calls his angel), 10, are sitting around the table in their bright and spacious kitchen in Langbridge. Although it's an impressive large track home, the Katsus have kept it under the large deck that overlooks a park backs to the forest, and the TV, which the family likes to watch MasterChef USA, hasn't been upgraded to a flat screen. It's clean, bright and has a

easy, airy feel to it. The smell of butter and blossom chicken wafts through the air.

Jay and Natasha are working together to make soups and stews of their cooking, home-made naan bread, tandoori chicken and an Indian dish called mutton for dessert.

I didn't have time in those days, but lately I started cooking," Jay says, referring to the earlier days of their marriage. "I'll go in the kitchen even if she doesn't want me in the kitchen."

"Cooking he likes, not the cleaning," Natasha smiles.

Apart from his work and community involvement, family is extremely important to Jay. "My strength comes from my wife. She's my rock from day one with a 10 per cent trust in my dog, 5 per cent trust in my angel and we're definitely reduced, but I do know I'm worth 4 per cent, which means magnification."

He's clearly proud of his children. Both Neil and Natasha volunteer in the community and have also won awards for their academic work and community involvement. Neil has been recognized as one of RBC and Youth in Motion's Top 20 under-20, a program that nationally recognizes top up-and-coming youth. Natasha, won the prestigious Miller Thomson Foundation National Scholarship during her years at Walter Murray Collegiate. Some say his daughter has him wrapped around her finger. Jay's response? "I like that place."

After dinner, Jay plays a TV interview from 1998. Neil and Natasha, who were five and four at the time, saved their money for two years to earn it a U of T foundation. The interviewer asks them what they wanted before when they grew up. Without hesitation they both say dad. "Because daddy's a doctor," exclaims young Natasha. Seven years later, they are now both studying medicine at the U of T. "It's beautiful," Jay says as he watches the video.

Neil and Natasha have fond memories of Jay over the years, family trips to Las Vegas, Disney Land and travelling to Newfoundland to see where he first started his life in Canada.

"It was pretty neat to hear all the stories and actually get to be there," says Neil who fell in love with Newfoundland.

Natasha's favorite memory of her dad still runs on today, during each birthday after cutting the cake. Jay feeds a slice to whatever's birthday if it's before handing out pieces. "Not like I do, kind of put it in our bowl," she laughs.

The two discuss how they are used to being recognized in public. Whether they are out shopping, going for a walk or in the medical

field, everyone seems to know him. It's clear he's had a strong influence on his kids. He says that he exposes them to things in life, but ultimately it's up to them to make their own decisions. The biggest piece of advice Natasha has taken is that family is really important, but to also work hard but play hard.

"Do your best in school, school is the number one priority right now, but also learn to balance your life. It's important to look at the other things in life as well. That's something that's really stuck with me," says Natasha.

"Work hard," Neil says bluntly before everyone starts laughing. "I remember my dad telling me that a couple of times. 'People can steal your money, they can steal your house, they can steal your wallet but they can't steal your education.'

Continued on Page A2

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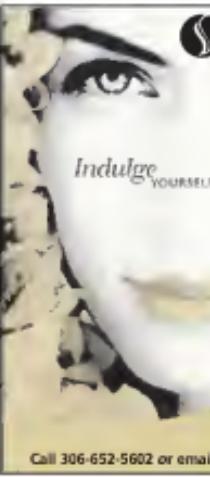


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It's still life-long learning. I'm always exploring to see how I can learn. — *Jay Kates*



A few of Dr. Jay Kates' many awards. He was recently named one of RBC's top 25 Canadian immigrants. (PHOTO: PHOTO BY MICHELLE SINGH)



Dr. Jay Kates (center) at the Southeast Asia Gala. (PHOTO: STARHUT MEDIA)



Folklore president Nei Irvine, Dr. Jay Kates and honorary ambassador Bill Johnson at the Czech Festival at the 2012 Southeast Asia Gala. (PHOTO: SUPPLIED PHOTO)

I would certainly say the agenda of multiculturalism certainly wouldn't have been nearly as far advanced without Jay. — David Parkinson



Dr. Jay Kalsi and his wife, Kauri, in their home in Saskatoon. AGENCE FRANCE PRESSE/GETTY IMAGES

"Of your knowledge?" Natasha asks.  
"He was obese," he remembers. "Jay became proudly."

Familial pride is displayed throughout the house — the basement staircase displays family portraits. One frame with a family photo inside reads: Just as always. But down, the stairs is the most important room in the house. The temple, another source of strength for Jay.

The Kalsis turned the small basement room into the temple by putting a custom-made platform and fitting it with special incense burners around the world. A large display of the Hindu goddess Shakti sits in the middle of the room, surrounded by other religious artifacts, including photos of mother Mary, prayer beads from countries in the Middle East and rosaries.

Jay uses the temple daily, taking each morning to seek strength and guidance in taking care of his family and working in the community. He sits the open position and often bows and has no shame to tell his friends he bows out only because Hanuman has been Wright.

"We are not the only," Jay explains before entering the temple. "The very bundle that aspect. People say the Kalsis prove that's not a problem. I've done the research, but I don't leave everything. It's still life-long learning. I'm always exploring to see how I can learn."

The temple reveals Jay's openness to other cultures. It's no wonder Kavita Singh International Association president David Parkinson refers to Jay as the culture and diversity ambassador for the province. Parkinson took over Jay's role as president of the not-for-profit in early July.

Parkinson mentions Jay's "unstoppable energy" and says he's been "plugging away at this for a long period of time when multicultural issues and multicultural issues were perhaps not quite as prominent in Saskatchewan, as particular as India."

"I would certainly say the agenda of

multiculturalism certainly wouldn't have been nearly as far advanced without Jay."

When Jay says he can greet others in 14 different languages or can cook Hungarian goat goulash and then move, as well as butter chicken, his eyes glint with excitement. His greatest belief? That adult education will create a successful and peaceful community in Saskatchewan.

"This is a place where we have to live," Jay says. "If by volunteering, I can make a good place for our everyday children and our grandchildren, it will be nice."

An educated, well-travelled and understanding as Jay is, he can't stop his head around one simple thing: Peas porte.

"Intriguing we don't need peas porte. We should be able to live in harmony."

The story could end here. And maybe it should. But, despite all he's accomplished, you can't help but feel that Jay Kalsi is just getting started.

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# CITY NEWS

# SASKATOON AIKIDO CLUB

## Founder returns from Japan to teach

By Angelina Trinick

Except for the sound of breaking glass, a few quiet laughs and a large dog barking in the corner, the Saskatoon Aikido dojo is quiet. If you weren't watching, you likely wouldn't know that there's a form of martial arts being practiced. Rather than the sounds of lead slugs to be heard and lead issues to be hitting the mats — hard. But, no one is getting hurt.

Aikido, which translates to "the way of harmony with universal energy" is a Japanese martial arts form that is based on grace, respect and self-defense. Using techniques like throws and pins, the art of Aikido teaches us to move off without causing harm to the attacker. Although there are levels and grading, it's completely non-competitive. There are no tournaments, medals or sparing, and students hone their skills in both attacking and defending.

"We look to join with the person that's with you," explains owner of the dojo, Don Nagahashi. "Gentle is a Japanese term used to show respect to professionals, like teachers, or masters of a craft." The idea is redirecting people away from violent situations rather than to enter in a violent situation."

The Saskatoon Aikido Club was founded 16 years ago as a university club by University of Saskatchewan business professor Dr. Motohiko Obara. In 1995 he returned home to Japan where he continued teaching and opened up another dojo. His Saskatoon dojo was then absorbed by Nagahashi sensei, who has now left the city but still does about 10 private lessons. The small dojo has grown toward rental and maintenance of the dojo, which is located in the basement of the Albert Community Centre.

Although the hot room sounds mostly like a peaceful atmosphere, Obara sensei stands in the corner; hands on his hips, watching over the 10 students. He travelled to Sakai-kan for the workshop, volunteering a special section to the students of



Makoto Okada (seated, left), leads a seminar session with Goishi Sifer after during a Aikido class lesson at the Albert Community Centre. #B1003 Photos by LIAM HIRSHARD

the club he founded 16 years ago.

"This is very much like a spiritual journey."

He has taught in the city since before he left. "This is very

much my first time here," he says.

Over the weekend, Obara sensei

taught the students in the arts of

bukusho (wooden swords), jyōdō-

shūfudō and tachi (wooden simula-

tions of a katana blade) as well as

empty hand, where no weapons are

involved.

Not here alone, Obara sensei

explains as he places his hand on

top of a student's vertebral column

or the ischia. "This is tricky," he

says before he immediately stops and turns to one student, causing the student to fall to the ground.

One student looks to one other and says, "I'm impressed." The students bow after Obara sensei demonstrates the technique. They have again before they start to practice in groups of two or three.

It takes a few times before they can

do it smoothly an Obara sensei, but

soon they start to get the hang of it.

"Yes, good for you! Good work," he says as he watches one group.

Obara sensei is 74 years old, but

he appears a lot younger especially

while he is practicing.

"I may look younger, I may move

a little bit smoothly and I don't get a cold, at all," he says. "Also I have friends with people of different backgrounds through Aikido. My community of human networks or personal and human very rich and colourful."

He says that his hope is the students to understand that Aikido can be practiced of any age and at a student's own pace.

"You can always pick up new skills and be keeping and thinking that I'm much better now than 30 years ago when I was much younger because all those little things accumulate to my message at. Please continue and enjoy."

It's an honour for Nagahashi sensei and his club to train true sennin like Obara sensei, not only to practice new skills but to have a better understanding of the art of Aikido.

After 16 years, students had less with Obara sensei, they were able to ask about his early life in Japan and what it was like to train under the founder of Aikido.

"Obara sensei was taught by the founder. I was taught by Obara and I'll teach Obara-sensei and that will continue on ... it's the physical contact," says Nagahashi sensei. "And you can't get that on YouTube."

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BRIDGES PHOTOS BY MICHELLE BERG



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# IN THE CITY

# AUGUST 29, 2013 — 1:44 P.M.

## Stand by Aiden



Seven-year-old Aiden Zukonovic set up a lemonade stand on Fifth Avenue. He was donating all the proceeds towards The Global Gathering Place, which is a non-profit drop-in center that provides services for emergency grants and refugees in Spokane. **PHOTO BY MICHAEL RIEDEL**

## YOUR FAVOURITE PLACE

Where do you like to spend time in Saskatoon? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

# Comedian, author has tie to Gabriel Dumont

By Angelina Iribarri

Mets leader Gabriel Dumont was a renowned buffalo hunter, entrepreneur and military leader. He's best known for helping to bring Louis Riel back to Canada and fighting for the rights of the Métis people. To commemorate Gabriel Dumont there's a large bronze statue of him riding a horse in Saskatoon's Friendship Park. Author, comedian, writer and broadcaster Dawn Dumont has a fondness for the statue as well as the park. She particularly likes the view of the bridges and the riverfront, who is a First Nation or Métis descendant, as well as her book titled *Nahko! Cross At Binge*, humorously explores growing up as an Okanagan First Nation reserve. She is working on a second novel, *Raven's Run*, which is due out this year and continues to perform comedy. She hosts a radio show, writes a column for Eagle Feather News and co-hosted a season of APTN's *Fish Out Of Water* yet she still manages to find time to go to her favorite place in Saskatoon — near the Gabriel Dumont statue.

**Q** What makes this place your favorite at the city?

**A** Probably vanity (laughs) I actually put my name on it! Plus to give a shout out to my ancestors. It's a place I sort of wondered like I didn't even know it was here. I was taking my mom's and nephews for a walk and then we saw (the statue). And I'm always so touched with, like, wait, where? I just walked up and I said, "Oh wow! That's Gabriel Dumont!" It was a really nice surprise.

**Q** So there's a connection between you and Gabriel Dumont?

**A** You actually, he's a distant relative. I've never confirmed that but my mom whose kind of an ancestor had half actually researched the family tree. Apparently quite connected through leaders, one of his broth-



Dawn Dumont stands beside a statue commemorating Gabriel Dumont in Friendship Park. BRIDGES PHOTOS BY MICHELLE RICE

ers, so he's like a great, great, great uncle. Maybe two gotten the genetics wrong...there are a few greats.

**Q** When did you first discover the statue?

**A** Probably about a year and a half ago, shortly after I moved back to Saskatoon. I'm not even sure how long it's been here. I went to university three years ago and I don't remember (hearing about it).

**Q** Do you come here often?

**A** I come to the park a lot. I definitely like taking my mom and nephews there. It's really important for them to see it. It's very tricky because

you don't want them to tire you out before you get tired out. Do you have to wear the right shoes and that kind of thing. Encourage them to climb a lot. In fact, I think one of them actually climbed up on the back of that horse, so... (laughs)

**Q** Did that fall him out?

**A** Probably not.

**Q** Why do you think it's important for the city to have a statue commemorating Gabriel Dumont?

**A** He's a really impressive person, for one thing. I think the Métis were pushed into a corner and they fought back against all odds.

It's just an amazing story. And the fact that he was able to escape another trial in the story that makes it even more stunning. Then he made his way down to St. Louis and with the Wild West Army, he became a general, whose life is like that? Who just keeps coming from one amazing thing to another? It's like being in a playground, then winning the lottery later on. And then he comes back to Canada and sort of picks up his life and moves on. I think he was actually how a really great role model for a lot of people. It's always good for the city to pay attention to the diversity and Paul Natawa and Ali originally are part of that diversity.

I always like to see that reflected. What does it mean to you to have an Indigenous hero that goes back to Gabriel Dumont?

**A** Not really too much because we're not taught about him and they're all about the settlers and their ancestors that find those stories who have done some really great things. I have a distant relative on my dad's side who fought in the big Cree and Blackfoot battle back in the 1800s. My aunt has been the chief of our reserve (Okanagan First Nation) for the last 20 years. These people are just there to inspire you and what you do is your business.

# SPACES

## # SASKATCHEWAN'S BEST SPACES

### Salt-water pool, outdoor kitchen trump cabin

By Angelina Irinici

**WHO:** Tom Williamson and his wife, Maxine.

**WHERE:** In Stobart park's Silverwood Neighborhood.

**WHAT:** Their large backyard which is a mix of landscaping. It features an enormous salt-water pool, a pond, green space, plenty of trees and more. A lot of work went into the yard; a cedar was even used to put in fences and the chimney room. Tom loves to hunt, camp and cook in the backyard. Maxine loves to take a walk, sunbathe, knit, make art or craft. "I like it when the kids are here and the company is there and we have a barbecue," he says. "That's what I like [best] about the yard." He also has an old antique Coke cooler (used for less) that he bought in 1997 for \$25. It's around 50 years old and Tom has been offered up to \$2,000 for it but he has no plans of giving it up any time soon. Tom spends most of his time relaxing on the raised deck having morning coffee or eating lunch. The top of the deck is covered with an awning and glass panels surround the sides — perfect for watching the football game on the TV that is mounted on the side of the house.

**WHEN:** The Williamsons bought the home and home in 2004 when they were still raising a few kids and had almost nothing else. It took about three years to develop the yard to what it is today. The decorated elements are a 25-ft. forest trellis including one spruce one they call the Johnnie tree (her late-Tom's father Johnnie passed away in 2009). He gave Tom money to plant a tree in his honour. Now the Johnnie tree (a German pine) sits near the back of the pool in honour of his late father.

Spaces celebrates beauty both indoors and out.  
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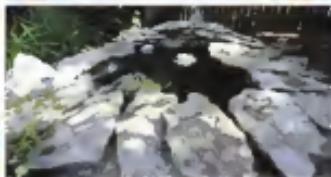


# SPACES

**WHAT:** When the two decided to sell their cabin at Jackfish Lake, they realized an alternative. Their kids and grandchildren didn't get to the lake as often and the couple found it was becoming a hassle to go back and forth between the cabin and the city. Not to mention the amount of work it took them to maintain the cabin. "Our flowers were dying there, our flowers were dying here and we said, 'Hey that's enough of that.' We'll sell the cabin and put in a pool," Tami says. The pool is usually occupied on hot days — he has six grandchildren all of whom only live a few blocks away.

**HOW:** The couple hired professionals to help with the development; a landscaper came in and designed the layout of the yard — right down to the planting of certain flowers and where to put the patio. They consulted an expert to choose parts of the yard instead of grass. In the end, the couple didn't want to waste hundreds of dollars a year on flowers because they die, says Tami. Others came in to pour the concrete around the pool and to frame the brick that outlines the yard. The couple did much of the remaining work on their own — they planted trees, installed the patio and then built the lattice work that decorates the fence and outdoor kitchen. The yard is functional and well thought out — right down to the pool cover. It's effective and extremely durable. They've had all six of their grandchildren stand on top of the cover. You cannot get in this pool unless you open it," Tami explains. The button then opens and closes the pool cover is enclosed in a locked box.

**BRIDGES PHOTOS BY MACHELLE BERG AND GREG WALKER**



# READ MY BOOK

**LOCAL AUTHORS:**  
Writers tell us what makes  
their book worth reading

共 A-L 欄目錄 L-R 欄目錄

## Collapse of the Veil, Crossings

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Colleagues at the Well (Bardhaan Press, 2010) and *Crossings* (Bardhaan Press 2013) are my 28th and 29th books respectively. In this "Poe-sage through Time" series, readers will meet Kate, an unhappy teen



Author  
Index

women who no longer fits in with her friends after her baby, Tyler was born. During a hot, dry summer of the grasshopper? Katie falls through a time channel into a place very like the Wisconsin just left — except abated, leaving only in Australia, her is quickly learned about whose not orphaned. "I know," she the possessed girl who is the only one

said to be able to save Anne  
now from certain death. Katie's  
baby Tyler is still T'Leary's  
son.

During the course of these two novels for teens and adults, readers will witness costume-wrecking quadriplegia (both a sex and Ratings bane!) as the same characters go through several life-crossings, not always with the goal of saving humanity — now and a thousand years in the future.



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# MUSIC

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# SIX MOONS LATER

## Saskatoon band can count their lucky stars

By Angelina Irinici

It seems Six Moons Later's stars have always been aligned. Even the band's name was basically an accident. Drummer Matt McLaughlin originally just used a movie subtitle as "six months later" when it had actually been six months later than he had said too, he thought. Six Moons Later was a cool name.

Lead vocalist and guitarist Anna Hoversnick and bass player and background vocalist Kate Blackport agreed.

The Saskatoon band's sound is heavily influenced by California — though they are from Canada with a California vibe. They cover California bands, and though Hoversnick has only been in California twice, she tends to write a lot of California-inspired lyrics.

"I love it there and can't wait to go back," she says.

Now they started in also by chance. Hoversnick and McLaughlin met through a gig at that Hoversnick posted on hopes of finding someone to sing with. She had a ton of different rock bands, which caught McLaughlin's Unit Eye and the two jammed for around a year before deciding to form a band. Blackport joined shortly after.

Hoversnick was already writing music and recorded songs on her laptop. She got them printed onto a CD to show some of her friends and family but when McLaughlin heard them he had a bit of an epiphany.

"He just got out of my basement," Hoversnick says. "I was so scared to sing in front of anybody but he's like, 'No, we're doing this.'"

McLaughlin took the reins when it comes to organizing shows and decision making. "We wouldn't be doing what we are doing if it wasn't for Matt," says Blackport.

They can thank their lucky stars (and their skills) again, because they did it right away to play the biggest stage they've ever played.

The band performed for the New



**Six Moons Later's Anna Hoversnick (from left), Kate Blackport (background vocals), Matt McLaughlin (drums) and Anna Hoversnick (guitar/bass) perform at the 2013 Folklorama festival.**

Creek Music Festival last St. Pat's Day but with no intention of actually getting chosen, they just auditioned and ended up playing the gig. But they did something right, because Six Moons Later was one of the bands chosen to play at the first ever Six Moons Later.

"It wasn't expected," explains McLaughlin. "The internet wasn't there for them to be the outcome."

"I know it sounds so nerdy but it is cool we beat the passes with our band name and our names," laughs Hoversnick. She adds that New Creek was her favorite show

they've played.

"And everyone was super nice," adds Blackport.

McLaughlin and Blackport's first major show was at Arctic's Eat Myself, one that McLaughlin had almost missed. He was in Alberta, but there is a huge storm and desperately trying to get back to Saskatoon in time for the important show.

McLaughlin had always wanted to play at Arctic's and many of the band's friends and families came out. Call it their lucky stars or by chance, but McLaughlin got there right in time to step on stage and

perform.

"Two months later, the head recruited for the first time and I thought, 'What's this? I'm not the same person as me now from Alaska, but that doesn't mean it's the end of Six Moons Later,'" he recalls. They recorded four songs in three to four days.

"The first day was the hardest because we were playing slide songs over and over and we kept playing them really bad," says Hoversnick. But then those stars aligned again. At the end of the day we played all of them again and, really well, out of nowhere."

They are planning to have a release party and show sometime next month, but it won't be the same people as most from Alaska, but that doesn't mean it's the end of Six Moons Later.

"I have the rock star dream," explains Hoversnick. "I've always wanted to do that and make a living off of it."

"Music is my life and that's where I plan on taking it," adds McLaughlin. "I want to be a musician and that's what my plan is."

If their luck continues, the rock star dreams may not be too far away.

# GARDENING

# SASKATCHEWAN HORTICULTURE

## Advice for wasp season

By Erl Svendsen

Wasps are beneficial insects, even the ones that occasionally sting. They are busy pollinating or attacking prey on pesky bumblebees or soil-burrowing caterpillars, some of which may be marching away in your garden.

They are easily recognized; they have two translucent pairs of wings, are hairless (unless hooded), black and yellow or black and white. Of the several species found in the Prairies, it is the paper wasp, hornets and yellow jackets (the ones that can instigate wasp nests) that you need to watch for.

As a general insect, they live in colonies ranging from less than a hundred to as many as 6,000. You are probably most familiar with the large, grey, roundish paper hornet nest, suspended in trees, under eaves or from some other sturdy support. But other types of wasps, like yellow jackets (live underground or in an enclosed location). Others build open nests, as evinced in paper.

They usually become a nuisance at this time of year as their numbers are peaking and as they forage for food. Backyard meats (protein source) and sugary drinks are sure to attract, as will soft fruits in the garden (like strawberries and raspberries). I know it's hard to beat avian raiding at wags. A stung wasp releases a scent that will bring their kin over the fence looking for a fight. They will also defend their nest vigorously if you approach too closely — if you approach too closely.

In my own garden, only five years ago, was home a yellow jacket nest. I blithely sat next to a rock wall, sipping a cool drink. It felt like an electric jolt, partly because of the wasp itself, but also because the yellow jacket, like the paper wasp and hornet, can sting repeatedly. Fortunately, I only suffered temporary pain plus a small local pimple near nose as a reminder. Others may react more dramatically — at worst,



An summer drama in an end, the wasp's out in full force. It is easier to rat your yard of a nest if it's caught at its roots before it begins to develop. PHOTO COURTESY J. F. WILBERD

suffering a severe allergic shock.

Control starts as soon as you spot a developing nest around your house and gardens. If you're not up to the task, consider hiring a professional to remove it. For the sudden appearance of wasps coming from the ground, The entrance is likely surrounded by a small pile of loose soil. There are wasp control products in spray cans capable of shooting great distances. Wet sand down where the wasps will have returned for the evening. Stand far back as practical and be prepared to make a quick retreat. Avoid the sprayer and give the nest a

good dose.

If it is a very large nest, you may have to resort to it as recommended earlier. Once you've removed the nest, start with a 1/2-litre plastic pop bottle and tie tightly at the top to prevent any survivors from escaping. Place an freezer overnight to completely kill the colony before disposing.

Isolated wasp nests are reported to deter wasps from establishing a colony nearby. Wasps are territorial animals and won't encroach onto another colony's territory.

If you can't find a nest but are still bothered by wasps, you can

hang up a wasp trap to reduce their numbers. These are available from garden centres. Or, complete your own trap by starting with a 1-litre

plastic pop bottle. Cut the top off, below the shoulder. Insert the top and insert it into the bottle. Remember to remove the lid, leaving open the cut surfaces. Poke a hole punch the top and bottom portions on opposite sides of the bottle. Thread a cord through the holes in allow you to hang your trap.

Most, but not your trap. If you're hanging it in the spring, use a small piece of raw meat (not chicken) with a little bit of water — you might even trap a queen in a wasp. If it's summer, however, hang it in the shade with a sweet liquid sugar/water/pineapple juice mix. Once a wasp enters the trap, they have a difficult time figuring out how to exit.

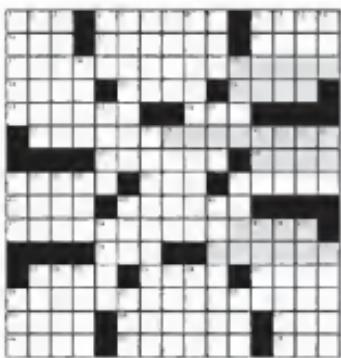
Remember to empty the trap regularly and be sure of live wasps. Once you flush the dead wasps is avoid of attracting their angry, winged visitors. One final tip: Please the trap away from where you, your children or pets spend time.

## # CROSSWORD

NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Delivery specialist, for short  
4 Something groundswell  
10 Trinity of Easing  
14 Chinese calendar figure  
15 Superstitious person  
16 Freshwater  
17 Not to do; to increase fail  
to cop in the difficult circumstances  
20 ...Ours (July 1969, 1970)  
21 One in Italy  
22 Sea (3 Across)  
23 "Follows Dark Comedies"  
25 Member  
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37 Line of energy  
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Day-Liner  
42 Off-road autobus  
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## DOWN

- 1 Sticks and white  
Brents  
2 Where people get  
killed or maimed  
3 Come to a violent  
end  
4 Five 29-Dow  
5 Linguistic leavening  
6 Periodic accelerator  
7 Letters  
8 Acrobatics  
9 Old British  
10 John's husband in myth  
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13 Pleasantly surprised  
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## # JANRIO CLASSIC SUDOKU

## Level: Gold

Fifteen in the blank cells  
using numbers 1 to 9.  
Each number can appear  
only once in each  
row, column and 3x3 block.  
Use logic and  
process of elimination  
to solve the puzzle.

We difficultly range from bronze  
(easiest) to Silver  
to Gold (hardest).

2	9	7			4
7			1		6
			2	9	
4		5		1	
7	9	6	3		
8		4	2		
5	7				
4	8				7
6		3	9	5	

## POSSIBLY UNKNOWN WORDS

- 43 Cutler Foster  
44 Formula for small  
45 City where Jacqueline  
Kennedy Onassis died  
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Solutions to the  
crossword and Sudoku  
will be found on page 21.

# Authentic Amish Cooking

## Zucchini Bread



Authentic Amish Cooking



Grease and flour two 9 x 5 x 3 bread pans. Beat all ingredients together. Bake at 325° for 1 hour.

## Underground Ham Casserole

4 C Cooked Ham, cubed

1 1/2 C Chopped Onions

1 C Milk

1 pkg. Noodles, cooked

1 pt. Sour Cream

2 Eggs

4 T Butter (Butter)

2 cans Cream of

Mushroom

2 C Velveeta Cheese

1 qt. Mashed Potatoes

1 T Worcestershire

Sauce

10 Bacon, cooked

crumbled



Combine ham, aleo, onion and worcestershire sauce, cook until onions are soft. Place in bottom of roaster. Put noodles on top of ham. In a saucepan heat together the soup, milk and cheese until cheese melts. Pour over cooked noodles and ham mixture. Mash Potatoes, add sour cream and some milk. Mash 2 eggs into the potatoes, that will keep them nice and soft. Spread over top of mixture and sprinkle crumbled bacon over the top. Bake 20 minutes. The mushroom cheese mixture will come to the top when done.

## AUTHENTIC FURNITURE

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authentic.furniture@sasktel.net

# ON THE SCENE

View more On the Scene photos at  
[Facebook.com/BridgesYXE](http://Facebook.com/BridgesYXE).

# EAT, DRINK & CELEBRATE SUMMER ON THE PRAIRIES



# ON THE SCENE

If you're hosting an event we should feature in On the Scene, email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com).

## #EAT, DRINK & CELEBRATE SUMMER ON THE PRAIRIES



For Saskatoon foodies, the opening of Top Chef Canada (and Saskatoon hometown) Dale Mackay's Sydney can't come soon enough. On Aug. 29 about 50 guests were treated to a four-course gourmet meal featuring Saskatoon fare prepared by Mackay and his team. The dinner was accompanied by perfectly paired cocktails courtesy of Lucky Beasted Distillers, and invented Chris Cho. The mouthwatering dinner, which was photo-judged by 2013 49'er Talent Designers, was held on a beautiful summer evening at the Saskatoon Farmers' Market.

**1.** Guests enjoy the meal prepared by Top Chef Canada winner Dale Mackay

**2.** Server Madison Hesse brings out the second course

**3, 4.** Lucky Beasted Distillers' staff, including mixologist Chris Cho (yep), mixes up drinks for everyone

**5.** Daniel and Jennifer Nikolaus

**6.** Tyler and Chetley Mack

**7, 8.** Hillary Simon-Worobec and Justin O'Reilly

**9.** April and Corey Edwards

**10.** Marilyn Black and Jennifer Heywood

**11, 12.** Sydney's soon-to-be Nathan Guzowski and Dale Mackay prepare the final course

**13.** Nancy Thompson (far left), Colleen Bell, Alia Bell and Melissa Hennigan



## # BANANAS

# KEBABS WITH TONS OF APPEAL

By J.M. Hirsch

Most of us have a pretty lame banana repertoire. We eat them straight up, baked into quark breads, puréed into smoothies, or sliced into either fruit salad or some sort of breakfast food. That's about it.

But a friend recently — if unknowingly — introduced me to the savory side of bananas, and it was completely awesome.

Susy Latona, chef at Busy Martineau Inns' working dog, bold flavors into many dishes. That's my style of cooking. So when she recently launched a great new YouTube series, I was eager to watch the first episode — a savory walk-through of her take on fried chicken. You can see the chicken is delicious, but it was one offhand comment about a can of chickpeas that really caught my attention:

Banana kebabs.

Sounds odd, yes. But I'll confess that I consider kebab-up — in all its forms — to be a major food group unto itself. And I simply had to try this a recipe. Turns out it is easy to make and delivers an amazing sweet and tangy punch that blew me away. Think of it as the Hispanic equivalent of Asian sweet-and-sour sauce. It totally works.

I've now used that sauce on chicken in several ways. The easiest is to simply soak up bananous, skinless chicken breasts, stuff them with cheese and onions, then damp up the outside with the sauce in a narrow bowl. Then, so that the marinade doesn't drip out, wrap the meat in foil like you'd wrap up a sandwich. Put the foil-wrapped meat on the grill or put straight up there. Grilling or roasting is still game strong. I decided to create a recipe and the shishas on the grill.

## Chicken kebabs with chilli-banana sauce

I like to briefly brine my chicken breasts when cook-



Chicken kebabs with chili-banana sauce

PHOTO BY MATTHEW MEADE FOR PHOTO

ing them kabab-style. It helps flavor and keeps them from drying out.

Start to finish: 45 minutes

servings: 4

- > 1½ cup water
- > 1½ cup aster salt
- > 1½ tsp. annatto powder
- > 1½ cup ground black pepper
- > 2 ½ lbs. pieces boneless skinless chicken breasts (about 35 oz.)
- > 1½ cup chicken broth
- > 1½ cup lemon juice
- > 2 to 3 whole fresh jalapeños (seeded and cut into thin rings)
- > 1 cup red bell pepper (seeded and cut into thin rings)
- > 1 ring red onion (thinly sliced)
- > 1 ring red wine vinegar or citrus juice

- > 4 to 5 large myrtle-leaf plastic bags (combine the water with paprika and pepper. Close the bag and shake to blend, then add the shishas. Seal the bag then turn to coat the shishas. Refrigerate for 30 minutes. If

using wooden skewers for the kebabs, soak them in water while the shishas marinate.

& Meanwhile, in a blender or food processor combine the bananas, jalapeños, jalapeño juice and vinegar. Purée until very smooth. Set aside.

5. When ready to cook, heat the grill to medium-high. Use an oil-sealed paper towel to help things to get the grill grates.

6. Remove the chicken from the bags, then thread the shishas onto skewers. Grill, turning occasionally, until cooked through about 15 minutes total. Using a basting brush, coat the kebabs lightly with the banana sauce on all sides with chili banana sauce, then grill for another minute.

7. Transfer the kebabs to serving plates, then drizzle each kebab with additional sauce.

**THE ABSOLUTE TOPPS**

**NEXT WEEK:** Were your pregnancies different from one another? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**# PARENT TO PARENT**

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

**What would you do, or have you done, if your child is bullied at school?**



Our school is very anti-bullying. I would speak to my child first and the teacher next, if necessary. I just hope that my child would feel comfortable enough to talk to me about it, and I would do all I can to ensure that they have a good experience at school! — Carla Cimbrone

To go to the active kids sessions and request a meet-up with them and the child! — Alvinne Lunde

"Build children a self-esteem. Make your child's contributions and accomplishments (your child is a success) matter. An adult who has been involved in cancer research, for example, can teach your children that even the smallest things can bring joy. They should be made to laugh or join in. Kids also are one of the first to feel empathy and suggest to others who are bullied."

Meet with your child's school administration about the problem of bullying. Pay attention to the following tips: my child has a problem. Ensure all children are included and address inappropriate behaviours. Model respectful behaviour at home and in your daily interactions. — Red Cross SK

"Make sure the school really understands the

problem. I was bullied in school so I talked to the principal myself. I was told, 'Don't worry, it's just an age phase and will pass with time.' Terrible!" — Roxanne Rouse

"Which Keweenaw Club they practice in the back yard?" — Paul McNeil

"My son was bullied in Grade 4 by an older boy. He had the knowledge and confidence to handle the situation by himself without any more violence. I only found out about it many years later." — Judy S.

"That would be one of my biggest fears as a parent, never want that to happen to my child. When that does happen, I would be very involved with the school and other parents, but after that, most important is making sure my child is safe and confident to be able to deal with these kinds of situations. So, we work on confidence and self-esteem at an early age and the importance of helping an adult of this age to figure things out. Sometimes dealing with other people doesn't give the desired result, and that's out of your control." — Alyna Comichello

# OUTSIDE THE LINES



## # Colouring contest

Each week artist Stephen McKay creates a timely illustration instant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridges@thestar.ca](mailto:bridges@thestar.ca).

One winner will be chosen each week. Please send entries with name and contact information by Monday at 9 a.m.



Last week's Bridges colouring contest winners were **Eliza** and **Asia Schwerz**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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**Dr. 975-9630**

# EVENTS

## # MUSIC

**Wednesday, Sept. 4**

**Dangerous Dogs**  
Beds on Broadway,  
811 Broadway Ave.

**A THROB Called Bed**  
Louis' Pub,  
930 Campus Dr.

**Federal Lights w/ Paam Lake**  
Angeles Center,  
832 10th St., Suite 200

**Thursday, Sept. 5**

**Hallucination This**  
Clockers Restaurant and  
Lounges,  
#1-321 Pinchouse Dr.

**White Dance a Poem**  
Beds on Broadway,  
811 Broadway Ave.

**Friday, Sept. 6**

**KWY Koff**  
Beds on Broadway,  
811 Broadway Ave.

**A Tribute to Hank Williams**  
w/ England  
Mutine Loft, 101  
3031 Louise St.

**Dan McConnell Band**  
Army & Navy Veterans Club,  
339 First Ave. North

**The Old Thyme**  
**Rhythms Makin'**  
Fairfield Senior Center,  
103 Fairmont Court

**Kaffir and the Candytuft Club**  
Mentally Hollowman,  
3030 18th St. East

**The Band Wagon**  
Total Town Tavern,  
1030 Fall Street

**Classified w/ Hustle &**  
**Thrive**, DJ Scott Turner and  
**DJ Haywood**  
The Culture Events Centre,  
241 Second Ave. South



The culture centre is offering the annual Arabian Nights show and open barn at Art: Deco: Dances/Artists: The Jamps (live band) on Sept. 6.

PHOTO COURTESY RAE TANIA KABAKU

**Bastard Poetry**  
w/ The Tragedantics,  
The Department Heads  
and Myles and The Blanks  
Rock Bottom,  
8100 Broadway Ave.

**Whiskey Songs**  
w/ Blackstar  
Angeles Center,  
832 10th St., Suite 200

**Emmett's Smiles**  
Pianos Plus  
Piggy's Pub & Grill,  
1403 N. 10th St., North

**Survival and the Boys**  
Stearns Place,  
100-110 Ruth St., East

**Pearl of Knowing**  
Beds on Broadway,  
811 Broadway Ave.

**The Hamps**  
Goverment Legals,  
828 Santa Cruz West

**See McConnell Band**  
Army & Navy Veterans Club,  
339 First Ave. North

**The Nobles**  
McNally Robinson,  
3030 E. 18th St., East

**Mister Mine**  
Louis' Pub,  
93 Campus Dr.

**Powder Blue w/ Divosal**  
Angeles Center,  
832 10th St., East

**Emmett's Smiles**  
Pianos Plus  
Piggy's Pub & Grill,  
1403 N. 10th St., North

**Beneath and the Boys**  
Stearns Place,  
100-110 Ruth St., East

**Soul Pharsis**  
Beds on Broadway,  
811 Broadway Ave.

**Royal/Grease**  
Louis' Pub,  
93 Campus Dr.

**Tuesdays:** Sept. 10  
**Soul Pharsis**  
Beds on Broadway,

## ART

**Elton's Art: 2013** at 810 Broadway Ave.

**Shelter & Reception** will be held

Sept. 6 from 7 p.m. to 10 p.m.

## # ART

**Handel Art Gallery**

Until Sept. 15 at 103 Standing

Cres. East: The Automata

Exhibit by Michael Handel

1946, Texas, acrylics by

Jean-Paul Riopelle and Paul-

Elie Konica. An art at the

Music of Light, by Jim Bernardo.

Showing Sealed Heaven-The

Art Series 1930-1964, featuring

Stanley Bruehl, Arthur McKay

and Celia Rogers. Letters by

Hodding Carter, in the

Lobby. The Artists by Artists

exhibition, Altered States,

feature works by Cata Francis

and Harrietant Iris Haasau.

The Mornings! Show & Sale

opens Sept. 13 and runs to

Oct. 6. Gallery members

will submit 1-3 artworks for sale.

**Gordon Beattie Galleries**

Until Sept. 6 at 781 Memory

Building, 1101 First Ave. in Where

the Heart Is... by Michele

Makowski, 16th residents of the

YWCA Saskatoon Crisis

## Painted Arts

Sept. 13-14 Oct. 11-12, 2013

at West Coast Space,

works on the human imagination as

it is projected into outer space

Jacqueline Hoang Nguyen

and Ryan Park. An opening reception

will be held Sept. 13 at 6 p.m.

An artist talk will be

Sept. 14 at 2 p.m.

## Centre Pointe Galleries

Until Sept. 10 at The Centre

Pointe by Shelly Gosselin.

The Arts series, a display by

Literature in the Public Festival,

a display by Rick Johnson and

Colin Chisholm, a display by

Imagery, work by Susan MacCrea

workshop, work by Suzanne

MacCrea and displays from the Ma

skatoon Public School Board.

## SEYAP Gallery

Until Sept. 27 at 201 Third Ave. South. We Need Crafts

2013, the fourth annual exhibit

showcases craft and artisan-style

work from numerous artists.

A reception, featuring live music and door prizes, will

be held Sept. 21 from 2 p.m. to

9 p.m.

## Gallery on Third, Warren

Until Sept. 28 at 103 Third Ave.

Warren, featuring Patterns

/ Sketches/Memoirs, work by

Lorraine Clifford. An artist's

talk/reception will be held

Sept. 28 at 7 p.m.

## Station Arts Centre, Ranchers

Until Sept. 28, "Taste to

Saturday," 9 a.m.-10 a.p.m.,

701 Railway Ave., -Ranchers.

Recent work by Ranchers area

artists. The show concludes

Sept. 29 with culture page

demonstrations by artists and

artisans.

## Affinity Gallery

Until Sept. 28 at 810 Broadway

Way. Two Perspectives, Painter

Karen Fiedler and ceramic artist

Metel Belik interpret and dis-

cuss the powerful landscapes

of Saskatchewan through

paints, carves, clay and glass.

## SummerPlace

Until Sept. 20 at 3700 Garde-

rich, the Saskatchewan

landscape, paintings by Joy

Menzel.

## Padraig Castle

Through September at 110

Bliss City Cries, Bliss City Ar-

tists. New works in a variety of

mediums and subjects by the

artist's group.

## We Lurea Library

Through September in Mil-

tronics Silhouettes, work by

Wendy Larson, partner in Mil-

tronics.

**The Gallery,**  
Frances Morrison Library  
Until Oct. 3 at 211 2nd St.  
East. Research and images  
at My Life Research and  
Travel to India by Satya R.  
Sharma. It depicts people  
and situations primarily  
from a village near Delhi,  
while the artist visited. A  
reception will be held Sept. 5  
from 7 p.m. to 9 p.m.

#### Defenders of Canada Centre

Through December at 301  
Dufferin St. **Touch the  
Sky:** The story of Avro  
Canada. This indoor plane  
display exhibit encourages  
visitors to look beyond the  
controversy surrounding the  
Avro Arrow, and focuses on  
the history and accomplishments  
of Avro Canada.

#### Black Spark Gallery

Open through the winter at  
Northside Antiques on High-  
way 2. After Glow, a winter  
show featuring fall images  
and colors of the boreal  
Lakehead region.

#### # SPECIAL EVENTS

##### Free Open House

Sept. 6, 7 p.m., at St. Mark's  
Hall, 505 Eighth Avenue North.  
Hosted by The Sedation  
Scottish Country Dancers.  
An evening of Scottish folk  
dancing for ages 16 and  
older. Experience is not nec-  
essary; skill partners are not  
required. Classes begin Sept.  
11. For information email  
[sedstscd@msn.com](mailto:sedstscd@msn.com) or call 306-666-7042.

##### All You Can Eat

Sept. 6, 4 p.m. to 7 p.m., at  
All Saints Ukrainian Orthodox  
Church, 2000 Louise IV.  
For information visit [all-saintsbc.ca](http://www.<br/>all-saintsbc.ca).

##### Aurora Nights 2013

Sept. 6, show at 7 p.m., even-  
tual 10 p.m. at the Bear-Deer  
Amberly. I'm sure of

Highway 16 and Geychuk  
Drive intersection. Everyone  
is welcome to attend the  
annual show and celebra-  
tion of the owners' beauti-  
ful American horses. Come  
and see Canadian National  
champions and the new  
foals presented. Tour the  
teams after the show at this  
family-friendly event. Amer-  
ican Nights is free to attend  
entry to spookyparade.ca.  
or call 306-747-5

##### SHF50 Open House

Sept. 6, 7 p.m. to 9 p.m., at the  
Hartitage Inn, 102  
Cardinal Drive. Hosted by  
The Saskatchewan History  
& Folklore Society (SHFS).  
Meet the Society's Board of  
Directors and learn about  
the society's mix of on-going  
programs. For information,  
call 1-800-995-9437.

##### UVU Musicality's Artistry

Sept. 6, 7:30 p.m., at Free  
Flame Centre, 224 25th  
St. West. Presented by Dr  
Scratches' Art-And-Art School  
[saskatheatres.com]. An  
adults' class for children  
ages 12 to 18.

UVU Musicality's Artistry  
is a musical theatre program  
with music from Rossini,  
Barberousse, performances,  
music, drama, contests and  
a craft fair. No experience  
required. For ages 12 to 18. Visit  
[www.drscreatches.ca](http://www.drscreatches.ca).

##### 30th Annual Broadway Street Fair

Sept. 6, 10 a.m. to 5 p.m., on  
Broadway Street. Hosted  
by the Broadway Street Fair  
Improvement District. With  
a sidewalk sale, music and  
dance stages, silent auction,  
giant仅供参考，art tent and  
performers.

##### 2013 SMA Run in Bloom — Positive Health in Motion

Sept. 6, registration at 10  
a.m. to 4 p.m., at Victoria  
Park. Hosted by the  
Saskatchewan Brain Injury  
Association (SIBIA). Cal-

lect pledges or pay an entry  
fee to participate. A barbecue  
will follow the walk/run  
With press and civilians'  
activities. Fundraising will  
support the Saskatchewan  
Brain Injury Association.

##### Grandparents' Day Keeping up with the Keepers

Sept. 6 at the Sedation  
Scottish Country Dancers  
Centre, 2000 Louise IV.  
Meet the Sedation's Board of  
Directors and learn about  
the society's mix of on-going  
programs. For information,  
call 1-800-995-9437.

##### Quarion Cancer Walk of Hope

Sept. 6, 9 a.m. registration,  
10 a.m. walk, at the Meewasin  
Valley Park. With a 2.5 km  
and 5 km walk, post-walk  
entertainment and child-  
ren's activities. To register  
online visit [www.walkforquarion.ca](http://www.walkforquarion.ca).

##### Parkinson SuperWalk 2013

Sept. 6, registration at 11  
a.m., walk at 12:30 p.m., at  
Meewasin Park North. A national  
fundraising event for  
Parkinson Society Canada  
and local partners. All ages wel-  
come. Tickets at the door.

##### The Renaissance Wallis Mittertece

Sept. 6, 7:30 p.m. to 9 p.m., at St. An-  
drew's Presbyterian Church  
Michael Sean, Concert  
ina con of the Saskatchewan  
Symphony Orchestra, will

give a recital. With piano  
accompanist Gillian Lyons.  
Featuring masterworks of  
Bach, Couperin, Wagner, Haye-  
n and Franck.

##### University and Community Chorus represtition

Sept. 6, 6:30 p.m. to 7:30  
p.m., at Casino Theatre  
in the U of S Education  
Building. Registration will  
be followed by a short re-  
hearsal. Any adult who loves  
to sing, can read music, and  
enjoys classical repertoire is  
encouraged to participate.

##### Grindfest Bitter

Sept. 6, 4 p.m., at the  
Desme Building, 101 Third  
St. South. Celebrate the  
10th anniversary of the

**What you need to know to plan your week.**  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

No-audition is necessary. For  
information call 306-652-  
5851, 306-328-9633 or visit  
[www.uak.ca/master/ven-  
cerilles/venerables.html](http://www.uak.ca/master/ven-<br/>cerilles/venerables.html).

**Grab & Go**  
Sept. 6, 6 p.m. to 8 p.m., at  
Scenic 20 West, 1020 20th  
St. West. Supper and dinner  
series, with a basic testing.  
The test of disclosure is  
a must. Price is \$10.  
Contact: Brian. What is  
being served? Call 306-652-4429, ext. 223 or  
email [bm@scenic20west.com](mailto:bm@scenic20west.com). Regis-  
tration deadline is Sept. 6.

##### "Health" Magazine

Launch Party  
Sept. 6, 10:30 p.m., at Amazing  
Stories. This is the second  
Issue of "Health." The maga-  
zine features artwork and  
articles created by 5 local  
teen comic firms. Featuring  
artists showing off their  
portfolios. With refresh-  
ments and prizes.

##### # THEATRE

##### 50 shades of The Musical

Sept. 6, 8 p.m., at TCU  
Place. A parody of the 50  
shades series. As any  
feminist musical romp. A  
local book club decides to  
read "50 shades of gray."  
Through their interpretation  
of the book, they find them-  
selves on an unexpected roller  
coaster ride of this unlikely  
best seller. Not recommended  
for audiences under 18.

##### # SPORTS

Throughbred Racing  
Sept. 6, 1-7 p.m., at Manuels  
Gaming. With racers from  
Trinidad and Australia.

##### Martinsville Ad M Street Stock 100

Sept. 6, 8 a.m. to 10 p.m., at  
Adams Clearing Motor Speed  
Way. Divisions competing  
include Street Stock, Invita-  
tional, Thunder Stocks and  
Modified Stocks.



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[admissions@shaw.ca](mailto:admissions@shaw.ca)

# SHARP EATS

See a food trend you think deserves a highlight in Bridges?  
 Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
 or visit Bridges on Facebook.

## # SASKATCHEWAN FOOD TRENDS

### Urban agriculture projects engage community

By Jenn Sharp

Urban agriculture projects are an ingenious solution to several problems and benefit the community in many ways. These community gardens can make excellent use of empty or even lots or rarely used parks, while providing food for hungry people. People who use the gardens are also empowered as they gain control of their own food production.

In Regina, the Carnebach Outreach runs their community gardens in a formerly vacant lot on the 98th block of Blatchford Street. The Roots Food Bank's Garden Patch is located on a 1.5 acre site on Third Avenue North. Both gardens are volunteer-driven.

In Regalia, the vegetables are used to supplement the Carniebach's food recovery program. Nicholas Olson, the program's coordinator, plants and cooks the daily meals, all of which start with a big pot of rice, pasta and/or cornstarch every morning in the community's tiny kitchen. The lunch is served from 11 a.m. to noon, then again from 1 p.m. to whenever the food runs out. Olson estimates they're serving up to 200 people per day. Whatever garden produce doesn't get used in the meals is put out for clients to take home.

Working with fresh produce can be difficult — especially when cooking for large numbers. Olson is in need of volunteers to help prepare the day's meal.

"It's a huge house to realize the food that we serve is at least 80 per cent healthy, healthy balanced meal," he says.

If you're interested in helping out, drop by the Carniebach Outreach at 1601 Cedar Street to fill out a form.

Volunteers and staff from the Sunflower Food Bank grow most of the food at the Garden Patch, but businesses and organizations can also adopt plots and are responsible for planting, tending and harvesting the vegetables. All the vegetables are taken to the Food Bank and distributed to food banks for clients.



The Carniebach Community Garden is located on a vacant lot on the 98th block of Blatchford Street in Regina. Photos: Jennifer Johnson

# SHARP EATS



The Food Bank also organizes volunteer days where clients are encouraged to lend a hand in the gardens.

"A big part of it is trying to get people engaged that are using the Food Bank as well," explains Bill Macdonald, the organization's urban agriculture co-ordinator.

The gardens provides the perfect opportunity to get people, that may be at food banks, excited about growing their own food.

"Hopefully we're creating a really safe environment that makes people say 'Hey this is cool!'"

This fall, Macdonald is developing an educational component for Food Bank clients to teach them about preserving the harvest, using spoils and leftover herbs in cooking, and even winter preserving. The knowledge that

food can be grown, harvested and learned the skills to do it — or put on your plate for instance — is invaluable in itself.

It is really empowering to take control of your food in that way," she says. If you're interested in volunteering, Wednesdays Wednesday happens until the end of September from 4 to 8 p.m. To volunteer during the fall harvest, reach out to [macdonaldbill@sharpeating.org](mailto:macdonaldbill@sharpeating.org) or call 306-659-6200.

To learn to plant [www.volunteersharp.ca](http://www.volunteersharp.ca), hands-on get involved at the garden patch [www.volunteersharp.ca](http://www.volunteersharp.ca) to see the Garden Patch with lots of items and to learn about foraging your own food. To adopt a 2014 garden plot,

you'll need to register with a community partner first and email [sharpeating@sharpeating.ca](mailto:sharpeating@sharpeating.ca) or [Taylor@sharpeating.ca](mailto:Taylor@sharpeating.ca).



The Garden Patch West Avenue in Saskatoon. All photos by Sharpeating.ca



# ASK ELLIE

## Fourteen-year-olds should be patient in love

Q I've been single for four years, have my own child, and great relationships with my parents. I'm having my life and my independence.

I've made a man with whom I share many interests incorporated. He's very caring, supportive and fun. However, he's been single for only six months.

He's getting out of a 10-year relationship. They have children. He told me he has no desire to reconcile.

He seems to think in her having an affair

is this too much baggage for him to be moving toward something else? I'm happy to put my feelings in check and enjoy the friendship that only we have.

**Replies**

A Get a grip and help yourself! Think what you'd do if your grown child suggested of taking someone seriously when "just getting out" after ten years and with a child.

It's too soon, and he's too stuck with his "movements," and too fast to be coming in as an example, available man. The reality is anything can happen.

### Ask Ellie



pea.

Hold it check your feelings AND any plans, expectations, promises, sharing of your home, and any other suggestions including cohabitation for at least six months.

Q The M and my brother at 18. We're known as the other boy since I was age six, our families have known each other for a few decades.

This boy and I were always laughing at each other and being rude to one another when we didn't agree. We would call me fat and ugly and make me cry (typical boy!). So for obvious reasons, we were like brother and sister.

When I was age eight and he was

nine, we were playing game that involved roof posts and being on a team of three against my brother and his friend.

He randomly asked me, "Do you want to see my penis?" I declined the offer. He kept pushing the question and I finally gave in.

He showed me, and I was disgusted #2.

Later when I was 11, I developed a crush on him.

I messaged him using a social media website asking him if he liked me. He messaged me back saying, "not really, but kind of." He told me that he had a girlfriend.

I was embarrassed. I haven't spoken to him since #2. Recently, he randomly messaged me and asked if I was nervous for high school, how my parents were, and he gave me his phone number.

Now my feelings for him have returned. Do you think he may like me back? I spontaneously blurted it but I need some feedback.

Young and Uncertain

A It's really to be young and have someone play with your feelings, which is what he's doing.

Maybe he is honest, on past occasions received not to him, and that you could have feelings for him.

So... stay cool. You can respond as an old friend, but don't be too eager or too open.

At 14, you're facing years of negotiating to choose wisely, and not be talked into immature, poor earnings or anything else that your gut instinct says you're not ready for, or don't want at all.

Don't get into constant comparing with him. It can distract from getting to know other people better and entrepreneurial activities etc.

Instead, it's about you developing and building up expectations beyond what he intends.

Start ready to start developing confidence in your ability to judge when to get closer with a boy and when to hold back until you're sure he's serious.

Q I'm 36, female, well-educated, very attractive and professional. I'm also extremely single, never been in any relationship, but have dated. I was born with autism, social, work and sharing a career.

I have a hard time trusting men because my own father had wandering tendencies. It's difficult for me to open up and be vulnerable to rejection.

Also, I barely have time to date anymore, working 30+ hour weeks including weekends.

**No Partner?**

A You're not weak, just overly wary. Your father's wandering doesn't have to be your experience.

But you've valid site with work-life balance and a courageous mind. Use your smart, professional mind to focus more on their own merits and open yourself to normal dating by being the lady and making some time.

If a guy's not interested in having a relationship, that's not rejection. It's just part of the selection process you're both entitled to exercise.



## Next week in BRIDGES

The materials Qiaoqin Yang produces at the University of Saskatchewan are only visible under extremely powerful microscopes, but they could be the building blocks with

which our future world is built.

# WINE WORLD

# RIPAROSSO

## Illuminati for everybody

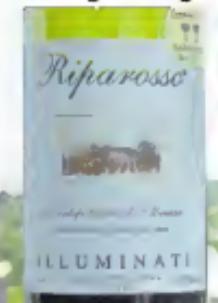
By James Romanow

A few years ago I was at the annual Masaaii art get together and it was kind of that. The fun had gone out of it. I resented assassinations, throwing a revolution or two; it's uninteresting but something was missing. Even the practical jokes, like leaving Idaho in blank photographs, were getting stale. It was then I suggested we do something different. So we opened a winery.

Consequently right after we made that decision, a Vatican insider passed. As it became known, a native who just in Montepulciano d'Abruzzo, if you're not already among the cognoscenti, or even just a fledgling Masaii, you'd be hard pressed to find Abruzzo Italy is over on the Adriatic, northeast from the town of Montepulciano, sits at sea level in Pescara but it still makes great wine.

Given the Illuminati history I can see where you'd think there would be a wine for the elite but we passed it so anybody can drink it. It has a nice red berry bouquet, a solid palate with a lovely herbal Mentore flavor. This is a wine for everybody, though those people who think they are in us. (We haven't forgotten you.)

Save a wizened wizened loss though by buying the entire Illuminati College for a present. And wait, but you know, for the first time we're not afraid to have our wine out there in public. I can actually tell the little woman where I was



This evening we'll be having to tell her.

What's more, I'm quite proud of our wine. We get four out of a possible three bottles! (we're pleased) from Gambero Rosso. The Italian wine review. And that's without a single leaf napping.

**Illuminati Expression, Italy 2011 \$17.99\***  
Red wines and saving money in Monday's StarPhoenix and @drjameson Twitter

## Crossword/Sudoku answers



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## Nuts About Nature At Beaver Creek Conservation Area



Hi there! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends, and enjoy some time away from the city.



Dear Chip,  
What fish do you have at Beaver Creek?  
Can we go fishing there? Sam

There are a number of fish that live in Beaver Creek. Some are large, such as the northern pike and white sucker, and some are really small, like the fathead minnow, brook stickleback, emerald shiner and spottail shiner. My father once told me about a smelt that was swimming up in Beaver Creek back in 1861. Why track them in mind that there were even more species, such as walleye, Johnny darter, quillback sucker, pearl dace, brook stickleback, longnose gar, longnose sucker, least sunfish, longnose dace, yellow perch, sauger, lake whitefish, cisco and burbot. In fact, the diversity in species in the creek has been declining, or the number of scientists who study fresh water ecosystems has greatly increased. We also provide a map of the conservation area as it depicts the spawning grounds for every species listed. For those Hellsehers there is no fishing allowed on this site. As a winter animal I am so thankful for that, there's nothing like skipping on a icy fish hook,ouch!

Send your questions to me at the address below, then watch Bridges for the Answers.

Yours truly, Chip  
Beaver Creek Conservation Area  
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Edmonton, AB T6B 1M6  
Email: chip.beavercreek@natrc.ca  
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